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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ  
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ  
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

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## **FORMATION OF HEALTHY LIFESTYLE OF STUDENTS OF TECHNICAL SPECIALTIES**

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Our studies substantiate an important role of healthy lifestyle in solving the problem of providing health and physical readiness for active life of students and in involving them to healthy lifestyle.

It is established that up to 70% of students of technical universities practically do not use or use ineffectively in their lives such important components of lifestyle as rational work, rational nutrition, rational physical activity, rejection of bad habits, etc., that save and improve health, which significantly reduces the spare capacity of the organism.

The aim of our research is to substantiate the method of healthy lifestyle formation of students in a process of physical education, considering specifics of technical university.

Experimental methods of healthy lifestyle formation of students of healthy lifestyle during physical education were based on the study of pedagogical and psychological literature, interviewing the experts and students and carrying out our own pedagogical experiments. As a result of this work, we developed a method that is a subsystem of physical education and general system of diploma education of students of technical healthy lifestyle.

Practical basis methods are as follows:

- allocation special hours among scheduled ones for physical education for the formation of healthy lifestyle;
- distribution of this process on the themes and sub-themes that satisfy the basic components of healthy lifestyle;
- implementation of these topics and sub-topics during the basic units of physical education of students of technical universities classes (athletics and cross training conducted outdoors, swimming, sports games, basic gymnastics);

- work on the formation of healthy lifestyle in educational classes led under the supervision of teachers and individually at home;

- really working system of motivation and control of acquiring healthy lifestyle components and usage of them.

Work on training classes included goal settings, lecture-conversation and practical class on the topic, quizzes.

Independent testing work contained processing the topic in a visual, verbal and mental aspects and practical involvement to one of the components of healthy lifestyle.

An important part in solving the problem of healthy lifestyle formation of students was being assigned to the usage of computer tools, motivation and control over the formation of healthy lifestyle.

Control over the formation of students' healthy lifestyle provided oral and written interviews of students and diagnostics of their physical capacity including using computer tools.

The developed method is an effective way to attract students of technical specialties to healthy lifestyle, to improve their health and increase capacity in general.

The executed work allows to recommend to adopt the main results of our research widespread today into practice of educational processes in educational institutions that qualify professionals of different specialization, skill level and secondary school graduates.

### **Literature:**

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